



Perth Autism Support Training and Workshop Programme January - June 2017

Perth Autism Support, 28-30 Market Street, Perth, PH1 5QH

Web: www.perthautismsupport.org.uk

Perth Autism Support is a Registered Charity SC042875

About PAS Training

All Perth Autism Support training workshops will take place at Perth Autism Support, 28-30 Market Street, Perth, PH1 5QH **unless specified otherwise.**

If you would like advice on which training workshops would be most beneficial for you please give the office a call to discuss this with the Family Support Co-ordinators on 01738 451 081

Perth Autism Support training workshops are free to families registered with us.

Please note a charge of £5.00 will be incurred for non-attendance or cancellations where two working days' notice has not been.

For attending professionals and staff from other agencies there will be a £10 charge per person per workshop.

Bespoke training can be delivered to your organisation, tailored to fit the requirements of your staff and can vary in length from a few hours to full day sessions, depending on your needs. To discuss requirements and for pricing contact Angie Ferguson, Chief Executive Officer at angie@perthautismsupport.org.uk

How to Book / Cancel Tickets

To Book:

1. Go to www.eventbrite.co.uk
2. Search for Perth Autism Support
3. Click on the workshop of your choice
4. You will be required to enter a name and email address to book
5. If you are booking multiple places you will need to book a new ticket per person, although you may use the same email address multiple times, please change the name per ticket
6. Event Brite will generate a reminder email before the session

*I Am Me! can be booked by contacting lynsey@perthautismsupport.org.uk
Time For Us! can be booked by contacting angie@perthautismsupport.org.uk*

To Cancel:

1. Go to www.eventbrite.co.uk
2. Click 'log in' located at the top right of the page
3. Even if you have never logged in before just enter the email address you used to book the ticket and a password of your choice
4. Your name will appear at the top right corner
5. Hover the mouse over your name and a drop down menu will appear
6. From this point you can check/cancel tickets/change account settings etc.

Please note a charge of £5.00 will be incurred for non-attendance or cancellations where two working days' notice has not been

Attending professions will be charged £10.00 per booking

Siblings

Time For Us!

Dates to be confirmed
6.00-8.30pm

Time for us is a 6 week course designed to support brothers and sisters of children with autism, to help them understand the reasons for behaviours, look at their own support networks and build a network of understanding sibling support.

Session 1 - Getting to know you

Session 2 - What is it like to have autism?

Session 3 - Difficult times with our brothers and sisters and enjoying ourselves with our brothers and sisters

Session 4 - Explaining it to others

Session 5 - Being treated differently and feelings about our brothers and sisters

Session 6 - Celebrating our success!

Time For Us! can be booked by contacting angie@perthautismsupport.org.uk

General Training Workshops

interACTION: Autism – What is it and what helps?

Session 1: 25 January 2017, 9.30am-2.30pm

Session 2: 1 February 2017, 9.30am-2.30pm

OR

Session 1: 26 April 2017, 6.00-9.00pm

Session 2: 3 May 2017, 6.00-9.00pm

Attendance at sessions 1 AND 2 is required

This an introductory level course that is suitable for parents wanting to find out some general information about autism spectrum disorder. The course is designed to provide information, support and strategies for parents of children with an autism diagnosis, awaiting assessment or with a related social communication difficulty.

Happy Families

7 June 2017, 10.00am-2.00pm

Spending time as a family when you have a child with additional supports needs can be more challenging and it can result in you avoiding spending time all together. This training will provide some information about how to support parents in getting the most out of family time for everyone.

We will explore how to make the best connection with your child/children, look at ways to make memories that matter, ways to deal with screen time (which can have a huge impact on family time) and share together lots of ideas about things you can do in a family unit.

Coming later in 2017!! Watch out for...

Birds and Bees (Under 16's)

Talking to your children about the Birds and Bees can be challenging! This informative session is designed to support parents have those more difficult conversations in an autism friendly way!

Relationships (16+)

Relationships can be tricky for all of us, but this can be even more difficult for young people with social communication challenges, this session is for parents of older teens/young adults who may need support in understanding the complexities of emotions and behaviours within relationships, the social rules around relationships and how to keep themselves safe.

Sensory Workshops

Introduction to Sensory Issues

24 January 2017, 10.00am-1.00pm

Delivered in partnership with Paediatric Occupational Therapy, NHS Tayside, this workshop will look at sensory processing, how it works and what can go wrong. Participants will have the opportunity to think about their own sensory habits as well as work out what is happening to the children they are concerned about.

Eating/Food Issues

28 February 2017, 6.00-8.30pm

This training workshop will cover what causes eating difficulties, introducing new foods, looks at how your child's eating habits need to change and the effects of the environment on eating.

Sensory Drop In

28 March 2017, 12.00-2.00pm

22 May 2017, 12.00-2.00pm

This is a drop in session for parents who would like help with dealing with a sensory issue for their child. Parents should come prepared with a specific issue to discuss. Some sensory equipment will be available for parents to look at.

Toileting and Personal Care

14 March 2017, 6.00-8.30pm

A sensory approach to understanding why dressing, washing, teeth brushing and all aspects of personal care can be difficult and some strategies to try to help with these essential tasks. This workshop includes information on the reasons that children may have sensory issues with toileting and covers not only toilet training but also toilet hygiene.

Sensory Issues at Home and in Public Places

16 May 2017, 6.00-8.30pm

This workshop offers advice and strategies for helping your child with going to the shops, restaurants, hairdressers, doctors / dentist and with visiting friends and relatives and how to support sensory needs safely at home.

Communication Workshops

Makaton

19 January 2017, 1.00-3.00pm

Makaton is a unique language programme which uses symbols, signs and speech to enable people to communicate. It supports the development of essential communication skills such as attention and listening, comprehension, memory, recall and organisation of language and expression. This session will cover the basic signs and symbols used in Makaton to get you started.

Visual Resources Drop In

21 February 2017, 1.00-3.00pm

25 April 2017, 12.00-2.00pm

19 June, 12.00-2.00pm

This is a drop in session for parents who would like assistance in making visuals to support their child. Staff will be available to facilitate parents in preparing and making visual resources. Parents should come prepared with a specific issue that would be helped with a visual resource.

Developing Social Skills

1 June 2017, 10.00-2.00pm

7 November 2017, 10.00-2.00pm

This training looks at the social skill development in children with autism spectrum disorder. It will help you to understand why people with autism have difficulties with social skills and to have some ideas about how you could improve social skills.

Visual Supports for Learning

13 February 2017, 10.00am-12.00pm

It is thought that people with autism are visual learners, this workshop covers how to present information in a visual way to encourage and support communication, language development and ability to process information.

Social Stories and Comic Strip Conversations

8 June 2017, 6.00-8.00pm

Social Stories and Comic strip conversations are techniques developed to help people with autism develop greater social understanding. By seeing the different elements of a conversation presented visually, some of the more abstract aspects of social communication are made more 'concrete' and are therefore easier to understand. This workshop looks at how to create social stories and comic Strip conversations and the best times to introduce them to your child/young person.

Behaviour Workshops

Challenging Behaviour Problem Solving Group

8 February 2017, 12.30-2.30pm

25 April 2017, 6.00-8.00pm

14 June 2017, 9.30-11.30am

Our Family Support Team have created a supported, facilitated group where we have some time out to analyse and discuss some of the common behaviours we see in autism. This discussion group is based on the book 'Plan A for Autism' to understand why a behaviour is happening and then look at appropriate strategies so you can leave with a plan to take home.

Emotion Works

13 March 2017, 10.00am-12.30pm

The session aims to introduce the emotion works approach, this model guides and supports learning and talking about emotion across all ages and stages of development.

Thinking About Inflexible Thinking

8 May 2017, 10.00am-2.00pm

Spending time as a family when you have a child with additional supports needs can be more challenging and it can result in you avoiding spending time all together. This training will provide some information about how to support parents in getting the most out of family time for everyone.

We will explore how to make the best connection with your child/children, look at ways to make memories that matter, ways to deal with screen time (which can have a huge impact on family time) and share together lots of ideas about things you can do in a family unit.

Coming later in 2017!! Watch out for...

Emotional Regulation

This training workshop will explore strategies which can be used at home and school to assist your child in maintaining a balanced emotional state, for example through the use of 5 point scales.

Children and Young People

I Am Me!

6.00-8.30pm

I am Me is a 6 week programme and is aimed at Secondary school age children, over the length of the programme we will look at the different issues young people may face surrounding their diagnosis of ASD, exploring feeling, looking at support networks and managing difficult times.

17 January 2017: Session 1 – Getting to know you

24 January 2017: Session 2 – Information Session

31 January 2017: Session 3 – Exploring Feelings

7 February 2017: Session 4 – Support Networks

21 February 2017: Session 5 – Managing Difficult Times

28 February 2017: Session 6 – Celebrating our success!

I Am Me! can be booked by contacting lynsey@perthautismsupport.org.uk

Assessment Information

Autism Assessment Information - Age 5 +

16 June 2017, 10.00am-12.00pm

Information sessions open to parents of children awaiting an autism assessment. This session will cover: The assessment process and what to expect, terms and acronyms you are likely to come across, diagnosis and what it means, support available to you before, during and after this process and recommended courses which could be beneficial to you.

Coming later in 2017!! Watch out for...

Autism Assessment Info - Pre-school

Transitions Workshops

Communication Passports

24 May 2017, 12.00-2.00pm

Communication Passports are a practical and person-centered way of supporting children and adults who cannot easily communicate for themselves. Passports are a way of pulling information together and presenting it in an easy-to-follow format.

Power of Attorney/Guardianship

9 May 2017, 10.00am-2.00pm

This session, run an independent Mental Health Trainer and Consultant will give parents/carers information on Power of Attorney and Guardianship. The workshop will look at what is Power of Attorney and Guardianship, when and how parent/carers should apply for this, the process families will go through, and what are the possible options for each individual family's circumstances. Parents/carers should be planning to apply for this process when their child reaches the age of 16 years and this workshop will allow families to have all the relevant information to prepare for this.

Coming later in 2017!! Watch out for...

Transitions: Primary-Secondary

Transitions: Secondary-Adult Services

Transitions can be a very difficult time for families and often knowing the processes and services available can make these easier, with parents more informed and confident in preparing children for the next stage. Our Transitions sessions can help provide information, strategies and tips which are helpful to families of children with autism.